Program Benefits

- Bring Personal Practice to New Level
- Explore Your Spirituality
- Individualized Attention in a small group setting
- Be a Certified Yoga
 Instructor
- Qualify for Yoga Alliance Certification
- Supplement your Income
- \$1000 cheaper than Chicago Yoga Teacher Training Programs



Space is Limited!

Register Today!



Tuition and Expenses*

\$2600 for Training*****
\$2400 if you register by
October 1st

\$500 deposit with registration.
Payment plans can be arranged.
*Tax deductible. Consult your tax advisor.

Receive \$200 for each friend that joins you in the program. That friend will also get \$200 off their registration.

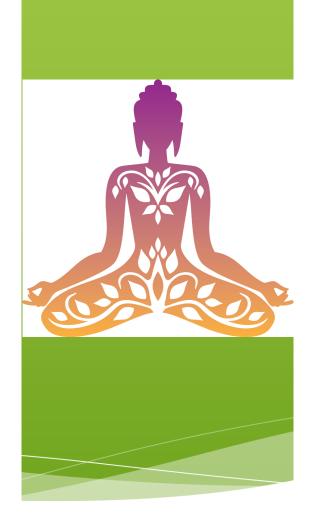
Sessions held at 350 Pfingsten Rd. Suite 109 Northbrook, Il 60062

Register Now!

Sign up today, limited space to keep small and intimate group.

Call Adriana at 773.350.3467

Adrianawright2012@gmail.com

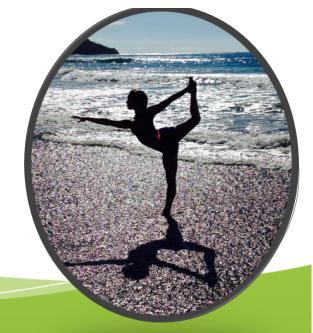


Ashtangasana

200 Hour Teacher Training Program Fall 2015

Learn to Teach and Immersion

The Ashtangasana Yoga Teacher Training Program celebrates many styles that have evolved from the ancient practice of yoga. Whether your passion is for a rigorous vinyasa or restorative practice, this teacher training certification program provides you with the tools to bring your passion to others. This program is also perfect for the individual who wants to delve deeper into their yoga practice. Learn the philosophy behind the poses and much more!



Adriana has been an instructor for 20 years. Trained in Chicago, she has studied with senior teachers such as: Ana Forest, Sean Corn, Baron Baptiste, Kathryn Budig, Daren Friesen, and many others. She has passion for the anatomy and alignment in each pose.

October 11, 2015 – February 2016

16 week program

Class Time Commitment

- Friday 9:00am 12:00pm (tentative day, will discuss as group)
- Sundays 1:00 6:00pm (start with a yoga class)
- Some workshop Saturdays
- One Friday night for Business Plan Workshop
- Break during Christmas/New Year's

Outside Time Commitment

- Personal Practice: 2 classes/week via yogaglow or Studio
- Meditation/Journaling each day
- Homework 3-5 hrs/week
- 1 Yoga Weekend Workshop of your choice
- 2 Assisting Classes one of my classes or an approved class
- 2 Teaching Class- teach a class,